



## Light & Simple

\$28/person/day

The Light and Simple menu is for simple breakfasts, standard lunches, and delicious dinners that require little kitchen preparation.

	Breakfast	Lunch	Dinner
<b>Day 1</b>	Whole Grain Cereal Granola Milk Yogurt Fruit	Bagels Dippy Dip Spread Pringles Fruit Chocolate Chip Cookies	App: Cheese & Crackers Spaghetti Green Salad Bread Strawberry Shortcake
<b>Day 2</b>	French Toast Bacon Fruit	Cold Cuts & Cheese Sandwiches Pringles Fruit No-bake Cookies	App: Crackers, Salami & Goat Cheese Grilled Salmon Caprese Salad Pesto Pasta Bread Dessert: Rhubarb Crisp
<b>Day 3</b>	Egg Sandwich Fruit	BLTs Pringles Fruit Oreos	App: Chips & Salsa Burgers Coleslaw Black Beans and Rice Dessert: Brownies
<b>Day 4</b>	Bagels Cream Cheese Yogurt Granola Fruit	Egg Salad Sandwiches Pringles Fruit Chocolate Chip Cookies	App: Hummus and Pita Chips Marinated Chicken Breasts Sweet Potatoes and Thyme Bake Bread Dessert: Pineapple Upside-down Cake
<b>Day 5</b>	Breakfast Burrito Fruit	Taco Salad Pringles Fruit No-bake Cookies	App: Crackers and Shrimp Cocktail Dip Deep Dish Dutch Oven Pizza Green Salad Dessert: S'mores
<b>Day 6</b>	Whole Grain Cereal Granola Milk Yogurt Fruit	Chicken Cranberry Salad Wraps Pringles Fruit Piroulines	Back in Civilization

Advisory: Consuming raw or undercooked foods such as meat, poultry, fish, shellfish, and eggs may increase your risk of food borne illness.

### 2018 River Season

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